

DISCOVERY



The Development of Combat Power and Efficiency

Vol. 25, No. 23 - Friday, Nov. 23, 2001 - Brooks AFB, Texas

Through the Many Facets of Aerospace Medicine

Communication survey currently under way

WASHINGTON (AFPN) — A survey regarding communication within the total force is going to the field after a delay caused by the Sept. 11 terrorist attacks.

The survey, being conducted by Air Force public affairs, began recently when e-mail invitations were sent to 5,000 airmen and civilian employees. Hard copy questionnaires were mailed Nov. 13 to another 8,000 total force people.

The study has grown in importance since Sept. 11, said Dr. Steve Everett, project director.

"It was developed during peacetime to measure what sort of job the Air Force does in communicating with its people," Everett said. "But effective communication is even more important during times of war or crisis, so we've made some project modifications focusing upon communication in the post-Sept. 11 world."

"We certainly hope airmen will understand how valuable their participation will be, especially during such a busy, uncertain time," he said.

"The best way to improve communication during stressful, demanding times is to study it at those times."

"We understand that the recent anthrax attacks through the U.S. Postal Service have caused many Americans concern about suspicious or unexpected mail," Everett said.

"We've sent postcards to all the mail survey participants letting them know they'll be receiving a large, white envelope containing survey materials in a few days."

INSIDE



Brooks' vet lives Golden opportunity

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Brooks' adventurer

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Photo by 2nd Lt. Bob Everdeen

Giving Thanks

Patriotism was the driving force behind a project designed by local residents to thank the military people at Offutt Air Force Base, Neb. A sign, which reads "Freedom! Thank you!" is plowed into a field that lies in Offutt's flight path. Each letter is 125 feet tall and 75 feet wide.

Thanksgiving message to the troops from the Secretary of Defense

By Donald Rumsfeld

Secretary of Defense

Thanksgiving is a uniquely American holiday, a day that commemorates the Pilgrims' survival in the New World and celebrates the freedom for which we offer our thanks to God.

But while every American knows why we celebrate Thanksgiving, few — I'm sure — realize that it took the Civil War to make Thanksgiving a national holiday.

"In the midst of a civil war of unequalled magnitude and severity," President Abraham Lincoln wrote, "order has been

maintained, the laws have been respected and obeyed, and harmony has prevailed everywhere except in the theatre of military conflict."

Thus, did he declare the last Thursday in November a national day of "thanksgiving and prayer."

Today, America is once again at war — a war every bit as dangerous and threatening to our national survival as that war that so tested America's courage and resolve. And again, America's citizens have met the challenge.

Order had been maintained, laws have been obeyed, and love has prevailed over unspeak-

able evil and destruction.

Indeed, Americans have shown the world just what stuff we're made of — and for that I am very grateful.

But as in all war, the responsibility for its successful conclusion falls to you, America's defenders.

You carry the torch passed to you by the hundreds of policemen and firefighters who raised our country's flag over the wreckage and pulled our fellow citizens out of the rubble.

And for that, all America is grateful.

So, as you sit down to a Thanksgiving meal — in makeshift camps, aboard

ships at sea, on bases far from your families and your homes — know that you are in the hearts and prayers of every American.

As families all across the land gather together, they will give thanks to God not only for the blessings and benefits of freedom, but for every soldier, sailor, airman and Marine who is fighting to defend it for us and for every human heart that longs for liberty.

On behalf of the entire Department of Defense and a grateful people, thank you, and may God bless you and return you safely home.



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Discovery Editorial Staff:

311th Human Systems Wing Commander

Brig. Gen. Lloyd Dodd

Director of Public Affairs

Larry Farlow

Editor

Cerise Fenton

(cerise.fenton@brooks.af.mil)

Public Affairs NCOIC

Staff Sgt. John Jung

Photography

Senior Master Sgt. T.C. Coaxum

Tech. Sgt. Pedro Ybanez

Staff Sgt. Sabrina Johnson

Discovery logo

by Arlene Schirmer



Sylvia Black, Publisher

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Pat McCain, Classified Mgr.

Anna Johnson, Business Mgr.

Diane Bohl, Sales Manager

Sherry Snoga, Account Exec.

Rose Stewart, Account Exec.

Steve Kalaher, Account Exec.

Advertising

(210) 675-4500

FAX:

(210) 675-4577

E-mail:

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Commentary



A Joint Thanksgiving Day Message

By James Roche, Secretary of the Air Force, and
General John Jumper, Air Force Chief of Staff

WASHINGTON (AFPN) — One of our nation's oldest and most treasured holidays is our tradition of gathering on the last Thursday of November to celebrate our "harvest," the fruits of our labor, teamwork, and sacrifices. It is a day of reflection designed as a wonderful opportunity to gather with family and friends to acknowledge our blessings and the good fortunes we enjoy.

This year we have special reason to reflect on family and loved ones. Americans have much to be thankful for, including the men and women of our Air Force. The eyes of America are on us as we carry out our duty to keep our nation free and secure.

To all the members and family members of the Air Force family — active, Guard, Reserve, civilian, and retired — we thank you for your enduring commitment and outstanding service.

For those Air Force members stationed overseas or deployed in defense of freedom, we are especially thankful for your selfless service. Your dedication and sacrifice have made America and all for which we stand possible, both now and for the future. May you all have a safe and happy Thanksgiving Day and, as you say your prayers of Thanksgiving, please also say a prayer for those who lost their lives on Sept. 11 and their families.

Awareness, common sense helps overcome anthrax anxiety

By Tech Sgt. Carl Norman

AFMC Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFMCNS) — No confirmed anthrax cases have been found at Air Force Materiel Command installations and command experts are calling on everyone to relax and use common sense in dealing with such future threats.

Emergency response crews at all AFMC bases have responded to a host of suspicious package and suspicious substance findings, but none have contained anthrax, according to Col. Judith Holl, AFMC's public health branch chief in the command surgeon's office here. But Holl fears anthrax reports in Washington and New Jersey have fueled questions and worries amongst AFMC's people and that has overtaken common sense in some cases.

"We've never experienced this sort of thing before so people are worried and nervous," Holl said. "When they see white powder, even if it's in a place you'd expect to see white powder like in a gym locker room, they call authorities. All we're asking everyone to do is assess the threat and use a little common sense before dialing."

Terrorists want to take out large numbers of people, so it's highly unlikely they'd target a few in a gym locker room or put suspicious white powder on a donut or two, according to Mark Rogers, AFMC security forces training systems and programs chief and certified protection professional with the American Society for Industrial Security.

"This is especially true under the higher force protection conditions," Rogers said. "And keep in mind anthrax-related calls aren't all emergency crews have to handle. When they're responding to calls at one place, that takes away from their ability to respond someplace else."

Holl said a handful of people have gotten sick because of anthrax and officials are learning from that. They initially thought it couldn't be as transmittable as it was.

But when it comes to these sort of threats, Holl said. "We need to put things into perspective and look at the risk we have in our day to day lives. Driving to work everyday has more risk than exposure to a suspicious package."

Holl said everyone seems to react on the side of safety and that's good, but that requires unnecessary resources sometimes.

"When in doubt, close down an area, call the experts and allow them to make a threat assessment," she said. "But not necessarily will all events turn into full-blown responses. That's what we're shooting for, trying to balance safety and inconvenience."

AFMC experts have taken several precautions to make sure emergency crews are ready for an actual case of anthrax, Holl said.

Command medical experts have created and distributed to each AFMC medical group in the command a CD-ROM consolidating references for biological, chemical and radiological responses.

They're also conducting risk communication briefings, educating people on anthrax facts as well as the threat and how to respond. Supplemental

training to base medical people on identifying BW/CW agents and how to treat potential biological and chemical casualties have also been provided.

Additionally, Air Staff experts have developed personal protection cards and distributed them to all active-duty military members and Defense Department civilian employees, detailing anthrax exposure and response procedures.

Threat working groups, with security forces, disaster preparedness, fire department, hazardous materials, office of special investigations, intelligence and medical group members on board, are working together at each base to provide up-to-date threat analysis, detection and response capability. And initial response plans have been tested at AFMC bases in recent weeks.

"We're being as deliberate as we possibly can in these areas," said Gen. Lester Lyles, AFMC commander. "We're working as a team to make sure we take care of our people and facilities."

One area concerning Holl and her staff is base mailrooms. Not so much because of outside threats, but the cross contamination from mail coming from other potentially contaminated areas.

"Our postal workers are taking a few more precautions," she said.

"The Center for Disease Control has put out brand new guidelines. And at all our bases, bioenvironmental engineers are assessing our postal facilities to see what measures should be taken to protect our postal workers."

She said all AFMC postal workers are wearing protective gloves and some are wearing respiratory systems as a precaution.

With flu season approaching and military members getting their annual shots, Holl encouraged everyone to get their shots and again use common sense when thinking about anthrax's potential "flu-like symptoms."

She said the shot itself can make people achy and tired, but that shouldn't be mistaken for contracting anthrax.

"If you can't identify a real source of risk, it's probably not anthrax," she said. "People may say 'I got my flu shot and three days later I got the flu,' but this has nothing to do with the shot. They may have already been exposed to the flu, and now three or four days later are coming down with something. The shot will hopefully prevent you from getting the flu, so you'll be able to tell the difference."

Holl said AFMC, Air Force and DoD officials are more than ready to respond to anthrax threats. Each installation has activated its emergency response teams, they have the equipment and expertise available and are getting training on how to identify, detect and prescribe things for anthrax.

"I think our biggest problem now is getting people to relax and use common sense," she said. "Activate the system when you think there's a credible threat, but check to see if you can find the owner of that suspicious package and have them determine the contents before calling the authorities. The system is in place to respond appropriately, but we've got to use our heads so it can respond when it's really needed."



Family Support pulls switch on SFS, 'arrests' cop hunger

By Rudy Purificato

311th Human Systems Wing

Family Support switched roles with the 311th Security Forces Squadron for a few hours Nov. 9 by making a massive 'citizen's arrest' of law enforcement hunger when they feted base cops with a chili lunch to thank them for their contributions made since the Sept. 11 terrorist attacks.

Devoid of security inspections or identification card checks, the event organizers asked attendees to produce only one thing: a hearty appetite.

Sixty quarts of chili, plus salad, rolls, desserts and drinks were prepared by Family Support personnel in support of the base's first major "Air Force Year of the Family" event.

"We're thanking our Security Forces for helping keep us safe on base. We want them to know that we appreciate them very much for the work they do," said Lou Ann Beauchamp, Family Support reloca-

tion assistance program manager.

"We appreciate this (lunch)," said Tech. Sgt. Orlando Chapa, non-commissioned officer in charge of installation security.

He said the event underscores the Brooks community's renewed sense of appreciation and respect for law enforcement and firefighting personnel.

Besides regular duty SFS personnel, augmentees were invited to the lunch. Among them was Master Sgt. Hector Vega, an individual mobilization augmentee who is a New York City cop.



Photo by Rudy Purificato

Senior Airman Derly Gutierrez, 311th Security Forces Squadron member from Laredo, Texas., serves himself a bowl of chili during the Family Support Center appreciation luncheon.

"He was close to where the terrorist attacks took place. He'll be

with us for up to one year," said Chapa.

Brooks' senior leaders joined in the festivities including Brig. Gen. Lloyd Dodd, 311th Human Systems Wing commander.

311th Air Base Group commander Col. Terry Nelsen said, "It's nice to say you're doing a good job (to security force personnel) when you drive through the gate. This type of thing hits home more (with them)."

Nelsen credits Family Support with coming up with the idea for the event.

The only thing organizers didn't think of was providing fire extinguishers to guests who mistakenly sampled what appeared to be guacamole, but in actuality was 'three-alarm' green hot sauce.

Rudolph.Purificato@brooks.af.mil



AF people receiving new 'smart' ID cards

WASHINGTON (AFPN) — Active-duty Air Force people, Selected Reserve, civilians and eligible defense contractors began receiving new and "smart" official Department of Defense identification cards Nov. 6, officials said.

These common access cards, based on smart card technology, replace the standard military identification card and will be issued to more than 4 million DoD employees, said Essye Miller, chief of the Air Force Communications and Information's infrastructure branch at the Pentagon.

The new smart card, about the size of a credit card, contains an integrated circuit chip, linear bar code, two-dimensional bar code, magnetic stripe, color digital photograph and printed information.

"The CAC will be the principal access card used to enter buildings and controlled spaces," Miller said. "It will also be the primary DoD public key infrastructure authentication token for unclassified networks."

Simply put, the card enables cardholders to digitally sign e-mail, encrypt information, and establish secure Web sessions to access and update information via the Internet, she said.

"These provisions are intended to enhance individual privacy and information assurance in (DoD) as computerized systems replace paper-based systems," Miller said.

"The CAC will be issued using the existing infrastructure of the Defense Enrollment Eligibility Reporting System and the Real-time Automated Personnel Identification System in our military personnel flights," she said.

There are a total of 17 Air Force installations — active duty, Guard and Reserve, with the capability to produce the CAC.

To date, the Air Force has issued more than 11,000 of the 70,000 new cards given to DoD employees.

Holiday 'greets' program reaches millions

By Staff Sgt. Elaine Aviles
Air Force Print News

SAN ANTONIO — The Army and Air Force Hometown News holiday greetings teams had been arranging their trips for months and their itineraries were finally set in stone. The teams were planning to visit about 15 countries in less than 40 days, so any minor error could potentially throw off an entire trip.

But there was one problem. They were scheduled to leave Sept. 12.

"Most of our teams were delayed at least a week because of Sept. 11," said Tom Taylor, broadcasting chief at HN. "Even after they left, they had to shift countries around to accommodate airline schedules."

Despite these and other challenges, the holiday greetings teams went on to set an HN record with more than 10,200 greetings taped in about 38 days.

Each fall, three three-person teams head out on a worldwide journey armed with little else but camera equipment. They travel to the farthest reaches of the Earth, visiting places like Saudi Arabia, Bosnia and Iceland. Their mission is to seek out and tape holiday greetings from airmen, soldiers, sailors and Marines who will be far from home over the holidays.

Under ordinary circumstances, the trip can be rife with minor inconveniences, such as a lost hotel reservation or a missed plane. But, because of Sept. 11, this year was anything but ordinary, said Master Sgt. Ron Przysucha, HN television branch chief and team chief for the Southwest Asia crew.

"We faced plenty of challenges on the road," Przysucha said. "An airline went out of business the night before we were scheduled to fly, our equipment was confiscated and we were kicked out of a country. Plus, security was heightened everywhere, which delayed us quite a bit."

The trip was a bit unnerving at first, said Staff Sgt. Amy Schleper, an HN broadcaster and Southwest Asia team member,

"On the flight out, I fell asleep and then woke up just as we were flying over New York," she said. "I was pretty

“ There are a lot of servicemembers who won't be home for the holidays this year because of deployments or assignments far from home. I'm proud that I'm able to send their families a personal holiday greeting from their loved ones. ”

Staff Sgt. Amy Schleper
HometownNews Broadcaster

scared. But I felt safer when I saw the extra security on bases and in airports, not just here, but around the world."

Once they returned from their grueling, whirlwind trip, the teams started working around the clock to edit and package tapes, which are then sent to hometown television and radio stations for broadcast during the holiday season. The greetings ultimately reach millions of people around the country.

"The response to the program was wonderful," said Staff Sgt. Brady McCarron, an HN broadcaster and European team member. "Most people have seen the greetings on TV back home and are glad to be a part of the program."

Sometimes people are so eager to participate, they get upset if unforeseen circumstances get in the way, Schleper said.

"Our equipment was confiscated when we landed and we could only shoot for one day instead of three," she said.

"When we saw how upset people were about missing out on the program, we borrowed equipment and taped from 11 a.m. to 10 p.m. We interviewed more than 140 people in one day."

While people have been eager to participate in the past, the response seemed particularly enthusiastic this year, Taylor said.

"There were many displays of patriotism in the messages this year," he said. "A lot of people brought flags to their interviews, and many thanked their fellow servicemembers for what they do. There was a real team spirit out there."

Enthusiasm for the holiday greetings program appears to be catching.

In the 18 years since the program's inception, the number of TV subscribers has jumped from 100 to 1,100 stations, with more than 1,000 radio stations participating. And the numbers keep on growing.

"TV and radio stations have been calling every day to subscribe to the program," Taylor said. "CBS sports has even contacted us. They're interested in using the greetings during their Thanksgiving Day programming. The response this year has been overwhelming."

The greetings teams may have had a rough time on the road dealing with airline and security issues, but Schleper said the end result is worth it.

"There are a lot of servicemembers who won't be home for the holidays this year because of deployments or assignments far from home," she said. "So I'm proud that I'm able to send their families a personal holiday greeting from their loved ones."



We SALUTE you!

Service Members of the Quarter

July 1 - Sept. 30, 2001



Honor Guard
1st Lt. Maribel Caraballo
311th Human Systems Program Office



Civilians of the Quarter

July 1 - Sept. 30, 2001



Category I Student Aide
Jennifer Jenschke
311th ABG/CE



Airman
Airman 1st Class LeJoyce Harvey
311th Medical Squadron



NCO
Staff Sgt. Hector de la Concha
Air Force Institute for Environment, Safety and
Occupational Health Risk Analysis



Category II GS3-5
Marissa Ramirez
311th MDS/SGOP



Category III GS6-8
Julia Yochum
USAFSAM/FEC



Senior NCO
Senior Master Sgt. Audrey Magnuson
U.S. Air Force School of Aerospace Medicine



Company Grade Officer
2nd Lt. Sonda Lee
68th Information Operations Squadron



Category IV GS9-11
Mary Thomas
311th MDS/SGOP



Category V GS12-13
Gary Trammel
311th HSW/YACL



Eric Stephens, left, accepted the traveling 'Spirit Trophy' from 311th HSW commander, Brig. Gen. Lloyd Dodd, on behalf of AFIERA, who won the trophy for showing the most spirit during the quarterly awards ceremony.



Category VI WG/WL/WS
Humberto Gomez
311th ABG/CEO FX



Category VII NAF
Richard Bentley
311th ABG/SVML



Foot and Mouth epidemic provides Brooks vet with 'Golden' opportunity

By Rudy Purificato

311th Human Systems Wing

The recent European foot-and-mouth disease epidemic provided a retired Brooks colonel with a 'Golden' opportunity to contribute to veterinary medicine while ensuring human health.

Dr. John Golden, a Brooks-based veterinary technology adjunct professor for Palo Alto College, spent two 30-day tours in England earlier this year helping combat a virulent disease that has led to the destruction of millions of domestic livestock in the United Kingdom.

"I had never seen an actual case of foot-and-mouth disease before going to the UK. I had studied it as a veterinarian," said the 56-year-old Bonham, Texas native. Golden spent 28 years as an Air Force veterinarian before retiring in 1999 as the Air Force Research Laboratory's veterinary sciences chief.

His vast veterinary experience, however, did not fully prepare him for the unique challenges he encountered in a foreign land that, prior to this most recent epidemic, had been scoured earlier by 'mad cow' disease.

"When I came back to the states I was quarantined for seven days. I could have no contact with animals. On the last day before I returned home, I had to burn my clothes," Golden said. Unlike 'mad cow' disease, which is contagious to both humans and animals, foot-and-mouth disease only infects animals with cloven hooves such as pigs, cattle, sheep, goats and deer.

Nevertheless, Golden had to take many precautions in support of the international effort to contain the disease.

"It was a tremendous experience for me being part of a team that was composed of veterinarians from throughout the world," he said. Golden was

hired by the U.S. Department of Agriculture as a temporary veterinary inspector after seeing an e-mail advertisement for volunteers.

He was one of about 250 USDA inspectors who deployed to the United Kingdom to assist that nation's Ministry of Agriculture. Veterinarians from South Africa, Australia, Israel and New Zealand also participated.

Golden's initial tour there was to track disease movement in northern England. "Prime Minister Tony Blair visited us on our first trip," Golden recalls, noting that the epidemic had devastated the UK's economy involving its agricultural industry and tourism.

Before Golden was allowed into the affected areas, he was given a crash course on the disease. "They (investigators) had traced the epidemic (outbreak) to Feb. 20, 2001. They found it (disease pathogen) in swill (table scraps) which they fed to pigs. They were supposed to cook it (swill) to get rid of the virus," he explained. The investigation revealed that the Asian strain of the disease had migrated off a ship from South Africa, a country where the disease is rampant.

Golden traced disease movement from one infected area to another. The disease was partly spread by humans who carried the virus on the surface of their clothes and footwear. Golden spent countless hours visiting with affected farmers.

"They (Ministry of Agriculture) have a computerized disease control system that maps the number of farms and animals affected," Golden said.

He spent long and tiring days there, traveling between 100-200 miles per day. They had to park their cars on the roads and walk to farm areas to inspect animals. "The animals had to be quarantined. Every 48 hours we'd check them," Golden said. Before they

left a farm, they had to wash themselves and disinfect their clothes. The Brooks veterinarian discovered that cattle were particularly sensitive to certain colors. "We'd wear green

Golden said.

The epidemic also was not without irony. In one affected area was the home of James Herriot, the legendary veterinary surgeon, scientist and au-

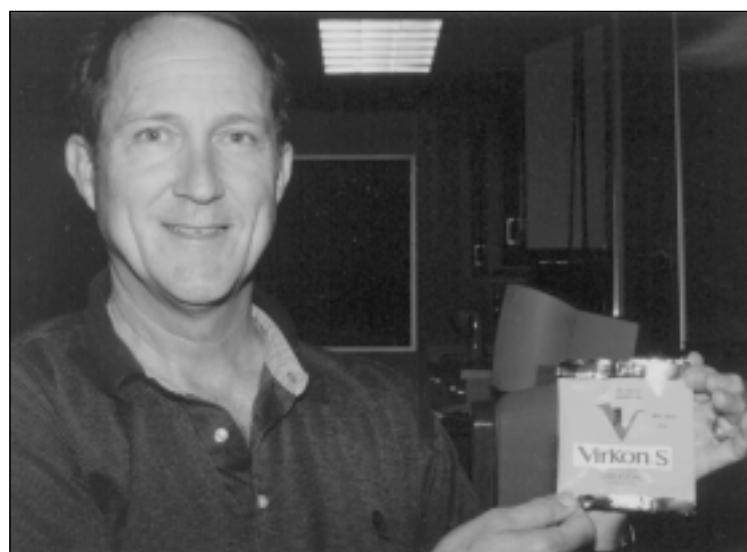


Photo by Rudy Purificato

Dr. John Golden displays a package of disinfectant, which was used in England to prevent the spread of foot-and-mouth disease.

(protective) suits instead of white ones so as not to spook cows," said Golden.

Cattle were the easiest to diagnose because disease symptoms were clearly visible. "They suffered from excessive salivation and smacking of lips, tender and sore feet caused by sores and blisters, shivering, raised temperatures and reduced milk production," Golden explained.

The disease was also easy to spot in pigs, which suffered sudden lameness and lethargy. The disease had spread quickly from pigs to sheep. Sheep were the most difficult to diagnose. What inspectors also had to worry about was orf, the viral disease sheep carry, which is contagious to people. "I had to wash my hands a lot," confessed Golden. Also prevalent in the areas they visited were hog cholera and mad cow disease.

"We had some vets who didn't eat beef over there. I wasn't too concerned,"

author of the best selling book *All Creatures Great and Small*.

Within 24 hours of finding the disease among animals they inspected, every creature had to be killed within a three-kilometer radius. Says Golden, "It's quite an operation to kill 1,000 sheep. The cull (kill) is very demanding and stressful for everybody involved. I was there to ensure the killing was humane."

So far, the epidemic has resulted in more than four million animals killed.

Admits Golden, "I don't think British small farming will ever recover."

For now, British authorities believe they have contained the disease. Winter quartering of animals may result in an outbreak next spring. Should that occur, the Texas vet knows another 'Golden' opportunity awaits him.

See Foot and Mouth, Pg. 10



ACTION LINE

536-2222



The COMMANDER'S ACTION LINE is your opportunity to make Brooks a better place to live, work and play.

If you have a suggestion for improvement, a complaint or a problem that you have not been able to resolve through normal complaint channels or the chain of command, call the COMMANDER'S ACTION LINE, 536-2222.

Only items of general interest will be published, so please leave your name and number for a personal response.

The base agencies listed below can be contacted directly:

311th Security Forces Squadron.....	536-3310
SFS after duty hours.....	536-2851
311th Civil Engineer Squadron.....	536-3861
311th Communications Squadron.....	536-6571
311th Air Base Group Logistics Division.....	536-3541
Safety.....	536-2111
Housing Maintenance.....	536-7000
Housing Office.....	536-1840
311th Services Division.....	536-2545
311th Medical Squadron (Clinic).....	536-4715
Military Personnel.....	536-1845
Civilian Personnel.....	536-3353
Military Pay.....	536-1851
Civilian Pay.....	536-2823
I.G. (FWA).....	536-2358
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Base Exchange.....	533-9161
Commissary.....	536-3549
Brooks City Base Project Office.....	536-6626



getting, basic baby care, infant development, effective parenting, car seat regulations, and much more.

For more information, call the Family Support Center at 536-2444.

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Concerned about the soaring cost of higher education for your children?

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* Title 32 ANG performing full-time active duty

Awards for the 2002-2003 academic year will be announced in Jun. 2002.

Use of fund is limited to tuition, books and fees, or other direct educational expenses.

Don't think you won't qualify. Application DEADLINE is Mar. 15 2002!

Pick up your application today at the Family Support Center, Bldg. 538, between the hours of 7:30 a.m. and 4:15 p.m.

For more information, call the Family Support Center at 536-2444.

Brooks Family Support Center activities

Call 536-2444 for information

Resume workshop

9 - 11:30 a.m., Nov. 28, Bldg 538—

Learn the different resume styles and how to write and use them

Effectively to open career opportunities; learn the do's and don'ts of resume development, and as an added bonus, learn how to develop impressive cover and thank you letters.

Bundles for babies- expectant parents session

9 a.m.-noon, Dec. 4, Bldg. 538—

Are you expecting a child? If so, this Air Force Aid Society sponsored class is for you. Obtain information about bud-



Dental appointments

Active duty dental annual exam and cleaning appointments are now available by request through the Brooks Clinic website. You will be contacted within two duty days of request and given the next available appointment.

Altitude test subjects

Scientists at Brooks need a number of volunteer subjects for participation in hypobaric (altitude) chamber research projects.

Air Force aircrew members who are interested and meet the qualifications will earn approximately \$150 per month for participating in one session per month.

Volunteers must meet Air Force body fat, height/weight standards, be a non-smoker for at least 2 years, be between 20-45 years old, and able to pass an appropriate physical exam.

Contact Jim Carlile at 536-3546, or Heather Alexander at 536-3440 for more information.

Save your phone books

Due to the late arrival of new telephone books, the base civil engineer was granted an extension for the telephone recycling bin located at the intersection of Bypass and Chennault Roads.

If you have not already done so, please deposit your old telephone books in the brown bin near the Bldg. 1148 picnic pavilion. No other recyclable material or waste will be allowed. Personnel who live outside the base are encouraged to bring old telephone

NEWS briefs

books from home if no other bin is available. Also, please note that telephone books are not allowed in any other waste or recycling container on base.

Call 536-6719 if you have questions about this project.

Mandatory GPC training

All cardholders and billing officials at Brooks must be trained on the new customer automated reporting environment system by Dec. 26 to avoid having GPC accounts suspended.

Attendance at this training is mandatory.

Training for all Brooks cardholders and billing officials is scheduled through Dec. 14.

Contact William Zimmer at 536-6220 for more information.

Santa Clauses wanted

Get into the spirit of Christmas by volunteering for the Elf Louise Christmas Project.

Last year, Elf Louise volunteers gathered, wrapped, and personally delivered more than 50,000 toys to nearly 9,000 families in the Bexar county area.

This year the Project is located in the old Montgomery Wards building in McCreless Mall, convenient for Brooks volunteers.

From Oct. 22-Dec. 5, individual volunteers are needed to help with office tasks, take phone applications, set up the warehouse and miscellaneous work necessary to get started.

Project offices are open from 9 a.m. to 9 p.m., Monday-Saturday.

From Dec. 5 to 13, gift wrappers are needed. Scissors and tape are appreciated and wrapping hours are 10 a.m.-9 p.m., Monday-Saturday, and noon-6 p.m. Sundays.

Helpers are needed to stock toy shelves and organize wrapped gifts.

Dec. 15-23 volunteer teams are needed to deliver toys to families. Delivery teams consist of a Santa, a driver and an elf helper. Complete Santa suits, wrapped gifts and candy are provided, you supply personnel, a vehicle and the Christmas spirit.

Santa briefings will be held Dec. 5-13 at 7 p.m. to answer questions.

For more information, or to sign up call 224-1843.

For general information, contact Sharon Earley, toy elf, at 536-2825.

Promotion ceremony

The next Brooks enlisted promotion ceremony is scheduled for 3 p.m., Nov. 30, in the Brooks Club, Bldg. 204.

Everyone is invited to attend and support those members being promoted to their next grade.

Brooks Toastmasters

Toastmasters is an international organization formed in 1924 to aid in effective communication, practicing public speaking in a relaxed environment. Toastmasters meets here each Wed. at 11:30 a.m.

Contact Rick Young at 536-4464 or Capt. Juan Ubiera at 536-1953 for more information.

Clinic notes

Effective immediately, Prilosec (omeprazole) will no longer be available at the Brooks Pharmacy. The Department of Defense Pharmacoeconomic Center has deleted Prilosec from the Basic Core Formulary and has added Aciphex (rabeprazole) in its place. All military pharmacies in the greater San Antonio area have implemented this program.

Patients with Prilosec prescriptions from Brooks Clinic providers will automatically be switched from Prilosec to Aciphex (rabeprazole). Patients with prescriptions from other military bases or from civilian providers must bring in a new prescription by Jan. 31, 2002. Refills will be honored until then.

Patients always have the option to use their Tricare prescription benefit at any of the local retail network pharmacy. The co-pay for Prilosec will be \$9 for a 30-day supply.

All prescriptions filled at a network pharmacy must be refilled at a network pharmacy. For more information, call the Brooks pharmacy at 536-2134.



Brooks AFB leader impressed by local school's patriotism

By Rudy Purificato

311th Human Systems Wing

The 311th Air Base Group commander's Veteran's Day message to Rogers Middle School students Nov. 9 was more than just appropriate as a ceremony guest speaker.

For Col. Terry Nelsen, the feelings he expressed were truly heartfelt.

"Today is my most rewarding experience as a veteran," Nelsen said. Acknowledging the students' overwhelming appreciation for and recognition of American servicemen and women, Nelsen said his participation at their annual event had eclipsed his previous career highlight as a U.S. Air Force veteran.

"As deputy director for the U.S.-Russia Council on POWs from 1996-1999, I was responsible for looking for MIAs from World War II, the Korean War and Cold War. I conducted 1,400 interviews with witnesses, many of whom knew the whereabouts of MIAs. I was successful in finding some of them," Nelsen said, noting that this assignment had been his most fulfilling experience as a veteran until the Rogers Middle School event.

Nelsen, and several Brooks members who attended, were surprised by the magnitude of this campus celebration.

Dozens of veterans, including a Pearl Harbor survivor, were feted by the students who hosted the single largest celebration commemorating Veteran's Day among schools within the San Antonio Independent School District.

Besides Nelsen, guest speakers included U.S. Representative Ciro Rodriguez, State Rep. Robert Puente, County Commissioner Tommy Adkisson, city councilwoman Toni Moorhouse, SAISD superintendent Dr. Ruben Olivares and SAISD board member Harold Oliver.

Congressman Rodriguez acknowledged Brooks AFB's participation in the ceremony, thanking the base for their ongoing national defense work. Several Brooks AFB Mentor Program volunteers, including its coordinator Rita Plassiter, attended the ceremony. These volunteers mentor students from Rogers Middle School and other campuses.

It was the first time that Brooks AFB had participated in this event. Several active duty veterans from the U.S. Army, Navy, Marine Corps and Air Force also attended, as well as disabled combat veterans who were transported to the event from Audie Murphy Veterans Administration Hospital.

Referring to the veterans in the audience, Dr. Olivares said, "We've come here to honor those who fought for our American way of life. Students, you have an opportunity to see some real American heroes."

Weeks prior to the ceremony, Rogers Middle School eighth graders learned the history of many veterans from their neighborhood. "About six or seven years ago, this ceremony was inspired by Kathy Severyns, an 8th grade history teacher," said Principal Kathy Tackett. She said the event started as an annual project by 8th graders to learn from veterans, who are family members or neighbors,



Photo by Rudy Purificato

311th Air Base Group commander Col. Terry Nelsen (far left) was one of many guest speakers at Rogers Middle School's Veteran's Day ceremony Nov. 9. To Nelsen's left are: San Antonio Independent School District member Harold Oliver, city councilwoman Toni Moorhouse, State Representative Robert Puente, County commissioner Tommy Adkisson and U.S. Congressman Ciro Rodriguez.

about their military roles in war and peace. The students are required to interview veterans or surviving relatives to reconstruct a historical monograph. This monograph, or historical narrative, is then reproduced with supporting photos and illustrations on placards attached to wooden stakes. A total of 275 of these historical vignettes were displayed on the school's front lawn as part of the school's Veteran's day commemoration.

Congressman Rodriguez said, "I think it is very important that you have made these placards that tell

untold family stories of veterans. It helps us and you have a better understanding of what they've done."

The event featured State Rep. Puente presenting to the school an American flag that had flown over the capitol building. Students read poems and narratives honoring veterans, and presented veterans from the VA hospital with gift bags. As a final tribute to all veterans, students conducted a wreath laying ceremony at the flagpole followed by the playing of taps.

Rudolph.Purificato@brooks.af.mil



Foot and Mouth disease no longer exists in U.S.

By Rudy Purificato

311th Human Systems Wing

Thanks to an aggressive disease eradication and surveillance program, foot-and-mouth disease that has plagued the United Kingdom and Ireland this year no longer exists in the United States.

"We haven't had an outbreak since 1929," said Dr. John Golden, Palo Alto College adjunct professor who teaches veterinary technology at Brooks.

Golden now fully appreciates the significance of America's prevention program that has thwarted foot-and-mouth outbreaks here.

He spent two months in England earlier this year helping contain the disease.

While it's only contagious to cloven-hoofed animals, Golden said, such a disease could potentially be devastating to America's domestic livestock and to the country's migratory deer population.

Foot-and-mouth disease, previously known as hoof-and-mouth, once wreaked havoc in America.

"Nine outbreaks of foot-and-mouth disease occurred from 1870 to 1929. The outbreaks which began in 1914 and 1924 were very extensive," said Dr. Bruce Lawhorn, a veterinarian with the Texas Agricultural Extension Service and Texas A&M University's College of Veterinary Medicine.

Lawhorn said the 1914 outbreak severely affected Texas and 21 other states. More than 200,000 cattle, swine, sheep and goats had to be killed, Lawhorn said. In the 1924-25 outbreak in California, the prime culprit for spreading the disease were deer, he noted. More than 22,000 animals had to be slaughtered there, including over 2,000 deer.

The last U.S. outbreak also occurred in California.

"A minor outbreak in 1929 from waste food off-loaded from a cruise ship and fed to livestock was quickly controlled and eradicated. Foot-and-mouth disease

virus-contaminated meat scraps from a South American country were the cause," Lawhorn explained.

Since then, U.S. vigilance has stopped the disease from spreading from neighboring countries. In 1946, Mexico experienced a severe outbreak of aftosa, the Latin American name for foot-and-mouth disease. This outbreak resulted in the slaughter of nearly one million animals. The epidemic, which had threatened America's southern border, prompted the U.S. government in 1947 to form the American/Mexican Commission for the Eradication of Aftosa. This partnership marked the first time the U.S. had undertaken an animal disease eradication effort with another country, Lawhorn explained.

Nonetheless, Mexico experienced another outbreak in 1953. A year earlier, Canada experienced its first outbreak of the disease.

To thwart further outbreaks, the U.S. Department of Agriculture established in 1956 the Plum Island Laboratory on Long Island, N.Y. Lawhorn said, "The Plum Island Laboratory has given the U.S. the ability to rapidly diagnose potential foreign animal disease cases that might threaten our nation or other free areas in North America. Rapid diagnosis and containment efforts are the lifeblood for elimination of these threats, if such diseases are introduced."

The Texas A&M veterinarian considers this laboratory part of America's frontline defense against foreign animal diseases. He said, "Considering that foot-and-mouth disease may have been present in the United Kingdom for up to three weeks prior to being diagnosed, and knowing how that lag time may have contributed to extensive spread of the disease, the ability of our nation to rapidly recognize and eliminate such threats cannot be overemphasized."

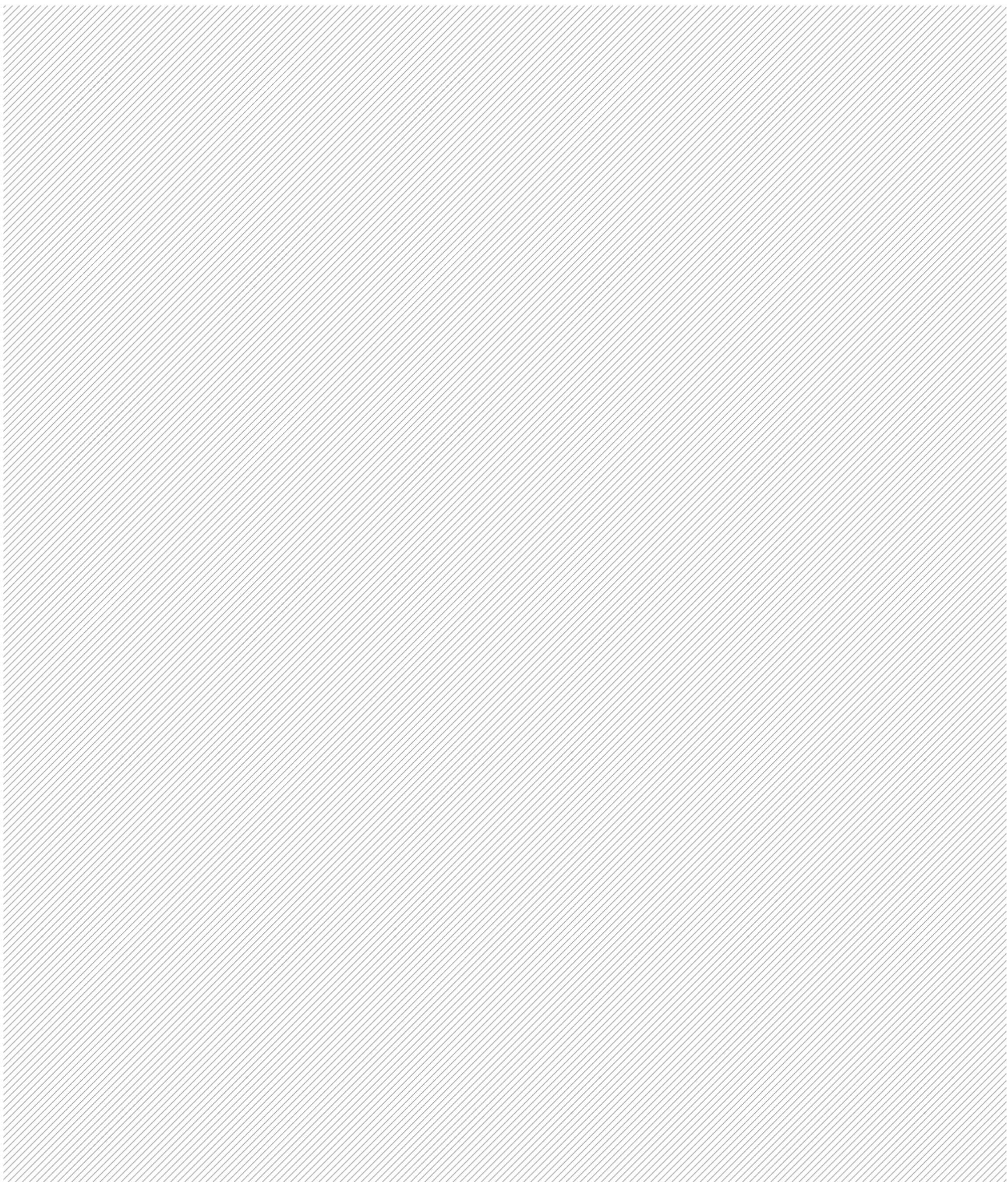


AF Radio

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DISCOVERY Nov. 23, 2001 11





Staff Sgt. McBride

Q&A

FULL NAME:
Staff Sgt. Frank McBride IV

DUTY TITLE, ORGANIZATION:
Flight Chief,
311th Security Forces Squadron

WHAT IS MY JOB?:
I am responsible for the daily security and law enforcement on Brooks.

BIRTHDAY:
Feb. 21, 1972

HOMETOWN:
Brown Mills, N.J.

FAMILY STATUS:
Married with a son and daughter

PERSONAL MOTTO
Always be prepared.

I JOINED THE AIR FORCE:
Of all the same reasons 18-year-olds join; I was heavily influenced in joining the Air Force because of my involvement as a cadet in Civil Air Patrol. I was given a lot of responsibility as a young teenager and wanted to use my fours years to my advantage. I reenlisted in the Air Force because I am proud to serve my nation, knowing that my small contribution plays an integral part of our America's defense, both locally at Brooks and globally.

FIVE-YEAR GOAL:
To earn my master's degree.

ULTIMATE GOAL:
To have a successful career that makes a difference, not just "doing my time."

MY GREATEST ACCOMPLISHMENT IS:
Completing my bachelors degree with honors.

HOBBIES:
Computers, role-playing games, mountain biking.

PET PEEVE:
Working with people who are unprepared.

FAVORITE MUSIC:
Rock and roll.

MY MOST PRIZED POSSESSION IS:
My imagination.



Security Forces member aims to make a difference



Photo by Tech. Sgt. Pedro Ybanez

Staff. Sgt. Frank McBride IV checks traffic speed with a radar. McBride is a flight chief in the 311th Security Forces Squadron at Brooks.

By Rick Guidry

Discovery staff writer

His first day on the job as an airman in the security police business at Loring Air Force Base, Maine, Frank McBride IV washed the same patrol truck four times. Most of his squadron was deployed to Desert Storm, and the ranking members still there thought they would test his character on a snowy day. He took on the duty with the same Air Force professionalism he has since 1990.

Today Staff Sgt. McBride is a flight chief for the 311th Security Forces Squadron at Brooks. He supervises nearly 20 people, and is highly qualified for the job, holding a bachelor's degree in criminology and a Community College of the Air Force degree in security administration.

He frowns at jokes about police stops for donuts and coffee, but he swells with pride when he talks about his law enforcement and security duties at Loring, Malmstrom AFB, Mont., Princilik, Turkey, F.E. Warren, Wyo., and finally Brooks.

He separated from the Air Force for about a year-and-a-half after leaving F.E. Warren in mid-1999 to earn his criminology degree through the ROTC program at the University of Southern Maine.

McBride recalled the tragic Sept. 11 terrorist attacks on America. He was preparing for his bike fitness test and heard a radio report about a plane slamming into the World Trade Center.

"My first reaction was that it was a small plane. Then there was a break announcing a second attack and I knew it was terrorism. I quickly finished my bike test with a little

extra adrenaline, and rushed home and put on my uniform because I knew we would be recalled."

He was right, promptly reporting to Bldg. 531.

Touched like all Americans, the flight chief had a special interest in this tragedy. One of the Reservists assigned to the squadron is a New York policeman who works on Mayor Rudolph Giuliani's staff.

"Once we found out he was OK, I reported for duty with my first focus on ensuring our flight members knew their role in protecting people and resources, as well as preventing any incidents on base. Security was the number one focus," McBride said.

McBride's degree is in criminology from the University of Southern Maine, and he earned a Community College of the Air Force diploma in the same subject area with an emphasis on terrorism. "I am a student of terrorism, and I have long been interested in the subject. Believe me, way before Sept. 11," the graduate added.

He has applied to Officer Training School and will know Dec. 14 if he is selected. "I hope my name is in the paper," the flight chief exclaimed with crossed fingers. If selected for OTS the New Jersey native hopes to remain a security policeman. "I've always wanted to be a policeman," he points out.

Brown Mills, N.J., is about two hours south of New York City, where McBride grew up on 19 Heather Street.

His mother is about to retire as a school bus driver for the Pemberton School district, where he graduated from high school and was a soccer player. His father works in the communications area for CENTCOM

Army in New Jersey.

The Civil Air Patrol cadet recalls one rescue in New Jersey where he and a fellow cadet rescued two downed pilots a week after the incident.

"My friend and I got permission to go out on a hunch, and we found the men still alive about 500 feet from an old crash site."

He met his wife Heather in New Jersey before her father was reassigned to Maine as an Air Force ROTC instructor. McBride's bachelor's degree and drive to become an officer was heavily influenced by his father-in-law's own commissioning experience.

"Brooks is my favorite assignment, I work to be successful, I don't have to fight for it. My supervisor and commander have encouraged me to go on with my plans to be an Air Force officer and the best security policeman I can be."

"Staff Sgt. McBride is one of our top performers. He hit the ground running when he first arrived and hasn't stopped yet," said Master Sgt. Scott Streton, 311th SFS Operations superintendent and McBride's supervisor. "During the increased security following the events of Sept. 11 he was pivotal in making sure the installation was secure and the people were safe."

"Staff Sgt. McBride represents the future of the Air Force, particularly the Security Forces career field. In a few weeks, I'm looking forward to telling him his OTS application has been approved," Capt. John O'Connor, 311th SFS commander said confidently.

By the way, McBride passed the bike test.



Going to the ... **EXTREME**

Brooks adventurer a real-life 'action figure'

By Rudy Purificato

311th Human Systems Wing

Even he admits that leaping tall buildings in a single bound would be a seemingly insurmountable challenge for him. But don't bet against 1st Lt. Mike Wyman not attempting the impossible, for he exudes an 'Indiana Jones-like' passion for high adventure.

Wyman fits the textbook definition of the cliché "don't judge a book by its cover." His mild-mannered demeanor and choirboy looks belies the fact that this 25-year-old Columbia, S.C., native is fiercely competitive and motivated by a perpetual adrenaline rush.

"Participating in extreme sports gets me in touch with my mortality. It makes me appreciate being alive," said Wyman, 311th Human Systems Program Office program manager for the F-22 life support integration and fixed air-crew seat programs.

He first cut his teeth on danger as a teenager living in Israel. Familiar with the high security culture of a nation where his father was the U.S. Embassy's military attache, Wyman jumped at the chance to experience some freedom of

movement. "Their spring break is called 'a week without walls.' It was my first outdoor adventure," he recalls.

"We wandered the countryside in jeeps, accompanied by armed guards. We went horseback riding in the Golan Heights. The only problem was the minefields. We had to stick to the path," he said.

The trip concluded with rappelling down a 100-foot cliff, followed by whitewater rafting in the Jordan River. The Persian Gulf War prevented Wyman from participating in another similar trip. By then, he was hopelessly hooked on adventure of any kind.

Back in the states, Wyman resumed his heart-stopping activities. He whitewater rafted West Virginia's New River with rapids so swift that swimming is banned. He progressed to more treacherous water as a Georgia Tech University outdoor recreation club member.

"They taught me how to avoid dangerous situations in whitewater rafting. My goal was to be a guide on these (rafting) trips," he said. He eventually became an uncertified guide. "I was like a fish out of water,"

he confessed.

Fifteen feet from shore, one of his rafters had fallen overboard. "I thought that it was going to be a long day." His prediction proved correct. Ahead of him near the first series of rapids, the trip leader was setting up a water rescue training exercise.

"I was supposed to eddy my raft into a stagnant section of water and wait until the leader finished setting up rope safety," Wyman remembers. He eddied out too much, forcing his boat to 'shoot the rapids.'

"The guy setting up the rope safety screamed at me,

‘‘Participating in extreme sports gets me in touch with my mortality. It makes me appreciate being alive. ’’

1st Lt. Mike Wyman
311th Human Systems Program Office

'I'm not ready!' I screamed back, 'Don't distract me!' Wyman said.

On another rafting trip, an underwater rock that Wyman did not see in time caused his airborne ejection from the raft. "The raft kept going down river. They (crew) didn't know I was gone!"

While whitewater rafting is inherently dangerous, kayaking through rapids is potentially deadly. "The challenge is staying upright. You're in a small canoe with your legs basically trapped straight in front of you," Wyman explains.

Wyman's claim to fame is having survived the worst kayaking trip in Georgia Tech history. Before the trip, Wyman practiced in a pool the 'Eskimo roll,' a maneuver to upright a kayaker if they become submerged.

"Flipping your kayak upside down so your head is underwater is not a good position to be in. If you don't recover, you'll drown."

Already an apprehensive

Courtesy photo

Tethered to his instructor, 1st Lt. Mike Wyman (foreground) experiences another adventure during his first tandem parachute jump.

novice kayaker, Wyman's confidence waned when his kayaking partner executed an incorrect Eskimo roll on the river, dislocating his shoulder. "I was real shaky on the water. I mimicked my partner's moves," admits Wyman. His nerves were made even jitterier when an angry shotgun-wielding property owner confronted the trespassing trip guide, who had escorted the injured kayaker on shore seeking medical help.

Meanwhile, Wyman was floating down river toward his 'Titanic' date with destiny. He flipped over at the first sets of rapids. "I was upside down. I had wedged the nose of my kayak under a rock." Trying to roll against the swift current was fruitless. "I was beginning to panic. I had put my foot pegs too far forward. I was too tight in the boat. I couldn't escape." After his rescue, Wyman flipped his boat again. This time, he ejected out of the boat except for one wedged foot.

Since arriving at Brooks, Wyman has tried tandem parachute jumping. "In tandem jumping, you're in a sitting position with your legs straight out. The instructor actually does the landing." Wyman loved having a temporary facelift molded by 150-mph winds, calling the experience 'a blast.'

As a certified deep-sea diver, Wyman has negotiated Malaysia's underwater caves, fought off two aggressive remora fish along Florida's coast and survived shark-infested waters off Australia's Great Barrier Reef.

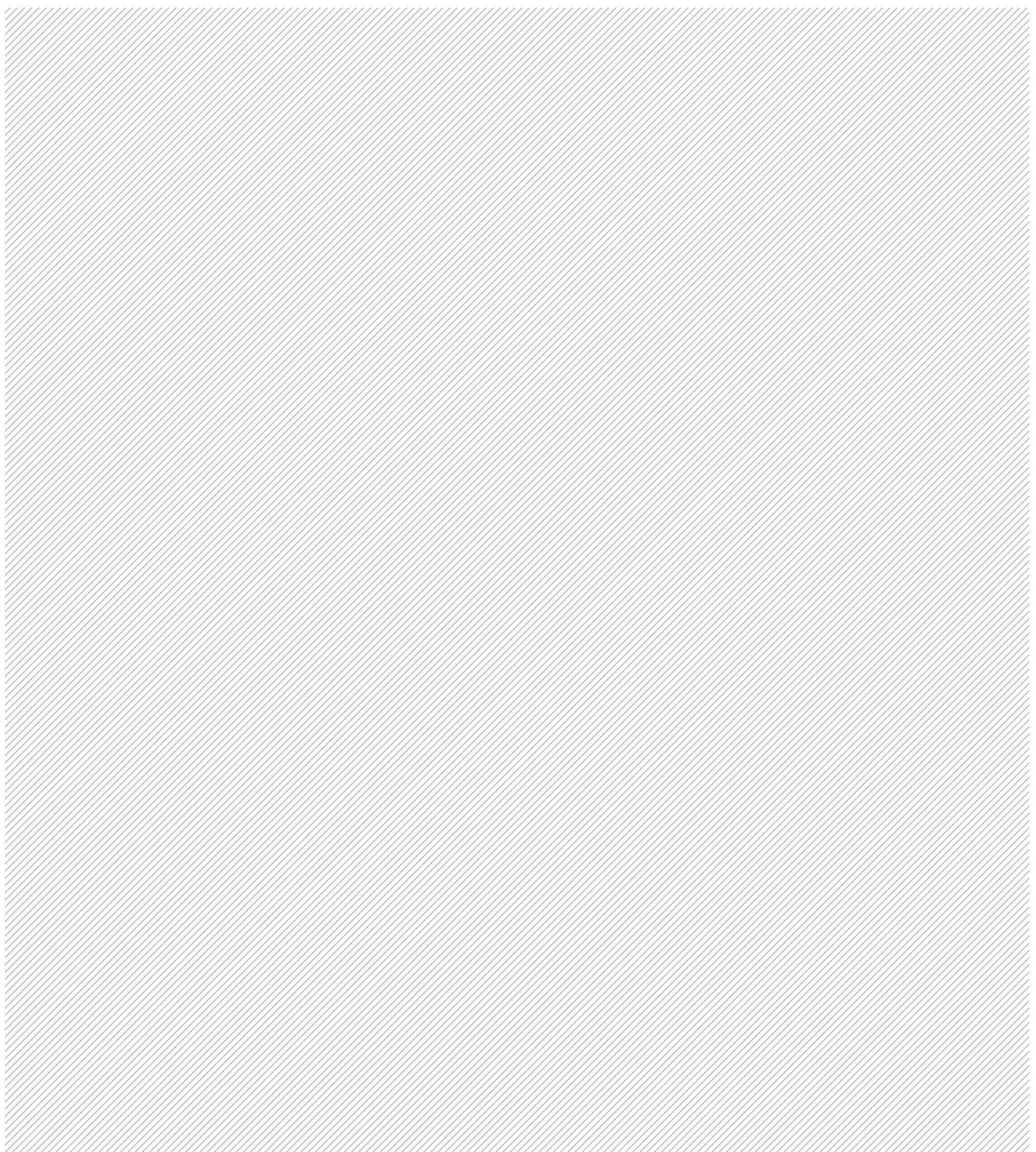
"I'll try anything once," he said, hoping some day to ride a bull. Wyman came close to a bull moose riding him. He missed hitting the beast on a Colorado mountain road, following his survival in August of one of the toughest whitewater rafting trips in America.

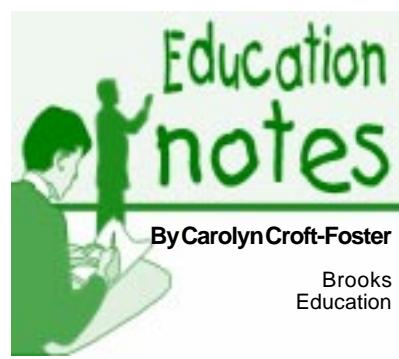


Courtesy photo

Wyman (foreground with blue helmet) volunteered to be the lead paddler last summer during a whitewater rafting trip in Colorado. The trip featured severely treacherous rapids confined by narrow rock walls.

Rudolph.Purificato@brooks.af.mil





All courses must be completed by Jan. 15 for consideration. Packages are forwarded to HQ AFROTC no later than Feb. 28, and selection is announced sometime in May.

Nine CLEP exams to be retired

The College Board is retiring 9 CLEP Subject paper-based tests in fiscal year 2002.

The exams with Dec. 31 deadlines are: Intro to Business Law, Calculus with Elementary Functions, and Information Systems & Computer Applications.

Students who plan to apply to Airman Education Commissioning Program should plan to take the Calculus exam prior to Dec. 31, as it is a requirement for application.

The exams that will be retired July 1 are: American Government, College Algebra and Trigonometry, Human Growth and Development, Marketing, Sociology, and Trigonometry.

Registration underway for Spring 2002

Palo Alto College will offer courses on base for the full semester and Flex 1. Classes begin Jan. 14. Sixteen-week lunch-time courses include: U.S. History I, and fundamentals of speech. Flex courses include art appreciation, English, and government.

The PAC representative can register students for ACCD classes Tuesdays.

Call 536-3617 to schedule an appointment or for more information.

Airman education and commissioning program

The Airman Education and Commissioning Program (AECP) is open to airmen who wish to pursue a baccalaureate degree in any ABET certified engineering program, meteorology, nursing, and selected foreign area studies and languages.

Airmen who are accepted into AECP remain on active duty while attending school full time.

Applicants who successfully complete their academic phase of AECP will enter Officer Training School.

Nurse candidates must pass the National Council Licensure before attending OTS. Upon completion of OTS, airmen will be commissioned as second lieutenants in the USAF.

Application cut-off dates: CLEP 62065 must be taken by Dec. 31 for technical applicants, Education Services Office application cut-off date is Jan. 7.

Requests for MOAEs are due at AFIT/RRE by Jan. 15.

CLEP general English with essay

Students wishing to take the CLEP General English with Essay in January need to request their exam by Dec. 14.

All other CLEP exams can be taken on any regular testing date. To reserve a seat for testing call 536-3617.

USAFA applications due in January

Airmen interested in applying to the USAF Academy need to submit their applications in January.

To be eligible to apply, an airman must not have passed their 23rd birthday on July 1, 2002 or their 22nd birthday on July 1 for entry into the Prep School.

Each year 50 slots are reserved for Prep School, 85 slots are reserved for Active Duty Airmen and 85 slots are reserved for Air Force Reserve and Air National Guard for direct entry into the Air Force Academy.

For more information visit Education Services in Bldg. 570-C or call 536-3617 for an appointment.

Brooks Cares begins seasonal mission

By Rick Guidry

Discovery staff writer

If you call your first sergeant a turkey you'll probably get stuffed. But first sergeants at Brooks Air Force Base will be stuffing baskets this holiday season for Brooks families who for one reason or another would not be otherwise able to enjoy the traditional trimmings.

The Brooks First Sergeants Council has sponsored the Brooks Cares program for a few decades now through monetary, food, and gift donations to needy Brooks families.

Soon, the council will place holiday-wrapped boxes near high-traffic areas around the base for people to donate non-perishable food items and new, unwrapped toys.

Master Sgt. Bertell Francois points out that supervisors may nominate military people, civil service employees and contractors for this program.

"Just contact any first sergeant for the details," he recommended.

Senior Master Sgt. Voreda Slone said Brooks Cares volunteers, with candy in hand, will be visiting offices for donations and assistance Nov. 30.

"The key to remember is that this is a year round program," Francois pointed out. "It is another example of the Air Force taking care of its own," he said.



Sports

'Gentleman' Brooks contractor at peace with Kung Fu

By Rudy Purificato

311th Human Systems Wing

He is as gentle and serene as David Carradine's 'grasshopper' character portrayed in the 1972 TV western series "Kung Fu." For Kung Fu expert Nunry Williamson, such inner tranquility is the essence of this martial art that embraces the virtue of harnessing one's inner power.

"As a youngster in Huntsville, Ala., I first started in martial arts in 1965," admits Williamson, an Air Force Medical Support Agency contractor who specializes in network computer technical support at Brooks.

He initially learned Judo, a Japanese 'defensive' martial art. "Growing up in the South, I needed to defend myself," said the 43-year-old retired Air Force technical sergeant, referring to the rampant racism he experienced.

Despite earning black belts in Judo and the Korean form of Karate called Taekwondo, Williamson remained a target as an African-American boy trying to live a peaceful life within a hostile environment.

"I got picked on a lot," he said, describing as 'youthful indiscretions' the manner in which he used his martial arts skills to vanquish many foes who had bullied him into fights. However, he realized early on he needed to control his constant anger.

The then 285-pound Williamson, possessing formidable martial arts

skills, potentially could have seriously injured someone. "I started to respect the power (I had) a little bit," he says, knowing that his martial arts teachers stressed that he properly use his skills for defensive purposes.

Then in 1967, Williamson began learning Kung Fu, which translated from Chinese means 'skilled or accomplished individual.' "It was primarily used by Buddhist monks as a defensive art," he explains. Gradually, Williamson began his metamorphosis from an angry young man to a tranquil adult who was in control of himself physically and emotionally.

"Kung Fu stresses mental discipline through extensive meditation," he says. "The purpose of mental discipline is to improve oneself through self-evaluation. You can't help anyone unless you cultivate yourself."

Williamson practiced meditation daily. "I learned through meditative relaxation comes a great deal of power."

Visualization techniques, what he characterizes as a form of 'out-of-body' experience, transported him to serene imaginary places. These mental exercises helped calm him while bolstering his concentration. Early Kung Fu training also focused on physical strength building exercises.

Chang, the Kung Fu master who trained Williamson, required his student to perform two years of meditation and physical conditioning before



“Kung Fu stresses mental discipline through extensive meditation. The purpose of mental discipline is to improve oneself through self-evaluation.”

Nunry Williamson
Kung Fu expert

learning Kung Fu's various kicks and punching techniques.

"Kung Fu allowed me to learn about myself. I was able to grow physically and mentally. It helped me rise above the racism," Williamson said. He gained this Kung Fu insight of respectfully treating everybody equitably during some of the worst anti-Civil Rights episodes in the history of the South. "In the midst of chaos and hatred, I found peace."

The next phase of Williamson's Kung Fu experience propelled him far beyond this martial art's physical and emotional elements. "I learned to find balance in my life by harnessing and manipulating the intrinsic energy that exists within all of us, what the Chinese call 'chi gung'." This inner force, for instance, can help heal certain types of muscle ailments.

Those who have mastered the ability to channel 'chi gung' for positive purposes are obligated to help others develop and stimulate their own inner force, explains Williamson.

By 1969, Williamson was teaching fellow high school students Kung Fu's various defensive and offensive hand and leg techniques.

"Anybody can punch or kick. However, it's how that punch or kick is expressed that really is important," he said, explaining that any physical expression should be executed with a purpose. This purpose always centers on learning something from Kung Fu's use, akin to the moral of every story conveyed by ancient Greek writer Aesop in his fables about life.

"The first time I used Kung Fu was to defend myself in school. Someone had come at me with a 2x4. I took it away from him, placed it against the building, and with the force of my arm broke it in half. I demonstrated Kung Fu in a peaceful setting," Williamson said, noting that no fight ensued. He walked away from the confrontation, thus promoting Kung Fu's philosophy of peace and harmony.

Anxious to demonstrate Kung Fu's physical power, Williamson competed in several martial arts tournaments as a black belt. "The scorers didn't understand the techniques. They didn't really know Kung Fu. It was frustrating," he admits.

He learned from those experiences, knowing that to further develop himself he would have to travel abroad. Shortly after joining the Air Force in 1976, Williamson was engaged in full contact Kung Fu competition throughout Asia. The person who was the last man standing at a tournament was declared the winner. Williamson won several tournaments. By 1979, he had become a master instructor. It takes a lifetime to achieve Kung Fu's highest level — grand master.

Throughout his Air Force career, Williamson trained many people in Kung Fu. He taught it at the Brooks Fitness Center from 1991 to 1997. Since then, he has taught private lessons in San Antonio. Because of back problems, he no longer competes in tournaments.

Nevertheless, the meditation techniques he's learned helps him block out constant back pain. To Williamson, Kung Fu is more than a martial art. It's a way of life.

Base 'contestants' work to win the losing battle

The Brooks Health and Wellness Center recently held a "Win the Losing Battle" awards ceremony at the base fitness center. The contest is offered twice a year for those who want to lose weight while changing to a healthier lifestyle.

Seventy-five members participated in the 12-week contest that started July 30. Members entered either as a group by organization or as individuals. The contest consisted of once-a-month class on healthy lifestyle changes, one individual appointment with the nutrition program manager and exercise physiologist and weekly weight records.

The top four groups and individuals who came closest by percentage to their weight loss goal set at the beginning of the contest and the top three members who lost the most weight received a prize and certificate.

Of the teams, Team 1 (Air Force Medical Operations Agency) won first place (89 percent of the weight loss goal), Team 9 (Air Force Institute for Environment, Safety and Occupational Health Risk Analysis) won second place (52 percent of the weight loss goal), Teams 3 (311 Communications Squadron/Human Systems Wing/Air Force Center for Environmental Excellence) and Team 7 (311 HSW) tied for third place (32 percent of the weight loss goal) and Team 2 (AFIERA) won fourth place (29 percent of the weight loss goal).

In the individual competition, Senior Airman Lester Eckman (68th Information Operations Squadron) won



Courtesy photo

Kay Renick, of the 311th Human Systems Wing, holds up her certificate for losing the most weight during the "Win the Losing Battle" contest. Congratulating her are Staff Sgt. Mary Nichol, Nutrition Program manager (left), Staff Sgt. Annette Davis, of the Air Force Institute for Environment, Safety and Occupational Health Risk Analysis (immediate right), and Maj. Kathleen Sargent and Linda Cosper, also of AFIERA. Senior Airman Lester Eckman also joins in the celebration, held recently in the base fitness center.

first place (90 percent of his weight loss goal), Janie Sarabia won second place (80 percent of the weight loss goal), Barry Woitena (AFMOA) won third place (71 percent of his weight loss goal) and Sarah Davis (AFCEE) won fourth place (60 percent of her weight loss goal).

The special award of the most weight loss winners went to Kay

Renick of 311th HSW (lost 17.25 pounds), second prize went to Barry Woitena of AFMOA (lost 17 pounds), and third prize went to Lt. Col. Dixie Lyon of AFMOA (lost 11 pounds).

The weight loss of all the members combined was 308 pounds.

Congratulations to all the award winners.

Rudolph.Purificato@brooks.af.mil



BROOKS

SPOTLIGHT

Things to do around Brooks

By Jan McMahon
Brooks Services Marketing Office
536-5475

Sidney's Grill

Bldg. 714, 536-3528

Sidney's will host a free Membership Breakfast for club members Dec. 3 from 6:30 to 7:30 a.m. A current club card will get you breakfast on us, not including short orders or items from the grill.

Breakfast tacos are new at Sidney's. Try a bean and cheese taco for only \$.75 each. Other tacos are available at varied costs.

Breakfast sandwiches are available, served on toast or bagels. Short orders for breakfast items can be placed Monday-Friday from 7:30 to 8:30 a.m. by calling 536-5987.

Fresh, hot, hand-made pizza by the slice is also now being served.

Brooks Club

Bldg. 204, 536-3782

The Brooks Consolidated Club System has streamlined their operation and will no longer serve lunch through the cafeteria line. Use Sidney's Grill & Lounge for your dining needs. The Boar's Head Pub will remain closed through December due to the large volume of special functions. It will reopen in January for normal business.

Youth Services Center

Bldg. 470, 536-2515

All base personnel are invited to the annual Tree Lighting Ceremony Dec. 4 in Schriever Park. The fun starts at 5 p.m. and includes carols, lighting candles and the Christmas tree lights. Santa Claus will visit with the children, young and young at heart. Hot chocolate and cookies will be served following the festivities.

Join the staff on Dec. 11 for the opening of the National Fine Arts Exhibit Program in the Base Library from 3:45 to 4:30 p.m. Youth artwork will be on display Dec. 7-14.

The FrameWorks

Bldg. 1154, 536-2120

The date for turning in holiday orders has been extended to Dec. 10. Gather your photos, artwork or posters and bring them in now. Our framing specialists will assist you in selecting the right mats and frames to complement your artwork.

Outdoor Recreation

Bldg. 1154, 536-2881

Hours of operation for Equipment Check-Out are 1-4 p.m. Mondays, Wednesdays and Fridays.

The Loan Closet formerly located in Family Support has been moved to Equipment Check-Out. Military personnel making a PCS move to or from Brooks may check out available items. Contact the staff for more details on this program.



Courtesy photo

A job well done

Master Sgt. Carl Keenan, 68th Information Operations Squadron member, and Lt. Col. Steven Payson, right, 68th IOS commander, hold the Interagency OPSEC Support Staff Organizational Achievement Award during a recent visit by Brig. Gen. John Koziol, 8th Air Force vice commander, left of Keenan. Koziol recognized the 68th IOS for their contributions to the ongoing warfighting effort.



Last official act 38 years ago

President Kennedy dedicates Brooks' buildings

By Rick Guidry

Discovery staff writer

President John F. Kennedy stood on the grounds of Brooks Air Force Base 38 years ago Nov. 21 and dedicated four new buildings in the complex that housed the Aerospace Medical Division.

It was his last official act before his assassination in Dallas the next day.

The commander-in-chief saluted the "pioneers" of the center, and pointed out that many Americans made the mistake of "assuming that space research" had no values on earth.

President Kennedy gave three examples of "how medicine in space" was going to make people's lives "healthier and happier."

He said medical space research would open new understanding of man's relation to his environment, revolutionize the technology and techniques of modern medicine and lead to new safeguards against hazards to many environments.

He was referring to the benefits to mankind of the Apollo program, charged to meet the goal of landing men on the moon and safely bringing them back to earth.

In the presence of Brooks attendees that day, the president recalled that "Frank O'Connor, the Irish writer, tells in one of his books, how, as a boy, he and his friends would make their way across an orchard wall that seemed too high and too doubtful to try and too difficult to permit their voyage to continue.

They took off their hats and tossed them over the wall and then they had no choice but to follow them.

"This nation has tossed its cap over the wall of space, and we have no choice but to follow it. Whatever the difficulties, they will be overcome. With the vital help of (the



Courtesy photo

President John F. Kennedy addresses a crowd in front of Brooks' Bldg. 150, Nov. 21, 1963.

Brooks) Aerospace Medical Center, with the help and support of all Americans, we will climb this wall with safety and with speed, and we shall then explore the wonders on the other side."

The nation and the world saw the other side on television July 20, 1969.

Apollo 11 landed 102 hours, 47 minutes and 11 seconds launched from Cape Canaveral, now Cape Kennedy.

Astronaut Neil Armstrong announced "the Eagle has landed."

Brooks continues as a world class

leader in bringing the wonders of space to earth, evidenced by the Challenger Learning Center on base. It provides a hands-on simulated space mission to open young minds to careers in space.

While not presently available for public view, Brooks has custody of lunar rocks brought back from those historic missions.

Those who tossed their hat over the wall with President Kennedy that fateful day might find comfort in that reality.

John.Guidry@brooks.af.mil

“ This nation has tossed its cap over the wall of space, and we have no choice but to follow it. Whatever the difficulties, they will be overcome. ”

President John F. Kennedy